



Nutritional Report Supplement

Recipe Name : **Risotto Of Fresh Wild Mushrooms**

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 545.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	953	48	
Protein	40g	81	
Other Carbohydrate	99g	58	
Sugar	5g	6	
Fat Saturated	22g	111	
Fat Unsaturated	14g	28	
Fiber	26g	105	
Sodium	1g	57	
Salt	4g	59	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	348mg	50	
Iron	3mg	29	
Magnesium	47mg	12	
Phosphorus	317mg	58	
Potassium	291mg	8	
Zinc	2g	24	
Copper	0g	22	
Manganese	1g	26	
Selenium	19g	34	
Vitamin C	4g	11	
Thiamin	0g	22	
Riboflavin	0g	16	
Niacin	2g	12	
Pantothenate Acid	1g	13	
Vitamin B6	0g	13	
Vitamin B12	1mcg	28	
Vitamin A	63mcg	0	
Vitamin E	1mcg	9	
Vitamin D	1mcg	4	
Folates	20mcg	0	

Traffic Lights

LOW Fat	HIGH Saturates	LOW Sugar	HIGH Salt
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The Guideline Daily Allowances are defined by the **Food Information Regulator EU** October 2011.

Percentages based upon a daily energy intake of 2000 kcal.